

Saratoga County Prediabetes Coalition
Meeting Minutes: Nov. 29, 2016

1. Attendees: See sign in sheet.
2. Welcome and Introductions
3. Summary of last meeting provided to attendees. Meeting notes reviewed and approved.
4. "Nourish Your Neighbor" Work Group update provided.
 - a) Cornell Cooperative Extension, Saratoga County, had a healthy food drive before Thanksgiving. It was noted that more healthy items were donated than in the past. Donations were split between the Equal Opportunity Council (EOC), the Schuylerville Food Pantry and St. Stephen's Episcopal Church in Schuylerville.
 - b) Shen School District has ongoing food drives and may be using the materials to guide themes for upcoming collections.
 - c) Information packets were given to St. Clement's Church in Saratoga Springs and the Saratoga Chamber of Commerce. St. Clement's has not responded yet and the Chamber has decided not to disseminate the information to their members at this time.
 - d) Captain Youth Services plans to participate next year.
 - e) The Library System used Nourish Your Neighbor materials for their recent food drive; however, they typically do so and did not receive these materials from our group.
 - f) Food and Nutrition Services at Saratoga Hospital hopes to sponsor a healthy food drive in March for National Nutrition Month. An information packet was shared with the Community Health Center on Hamilton St.
 - g) A question was posed to the group about how food bank clients would know that healthy food options are available. There was discussion about the need for client education about this program. It was suggested that food pantries have access to signage that encourages recipients to ask for healthy options (need to make them aware these options are available), and encourage food pantry staff to make healthy suggestions.
5. Seven-page Fact Sheet (Statistics) was briefly reviewed. If partners would like some assistance with drafting informational text for their specific programs and/or clients, please contact Amanda Duff at Saratoga County Public Health.
6. Planning Guide components were reviewed in detail, beginning with the Mission, Vision and Guiding Principles of the Coalition. The four goals and their corresponding objectives were then discussed.
 - a) Goal #1: After some discussion, it was decided to leave objectives 2 & 3 in the document.
 - b) Goal #2 and related objectives: No changes recommended.

- c) Goal #3: Attendees agreed to change the goal and Objectives 1 and 2 to reflect the introduction and distribution of the informational packets to 10 offices. Under Objective 3, it was recommended that the reference to “at least 50” packets distributed to the offices be omitted so that offices may request the appropriate number of packets for their patient populations.
 - d) Goal #4 and related objectives: No changes recommended.
7. The chart with 2016-2017 deadlines was reviewed. Attendees felt deadlines and projects are reasonable. No changes recommended.
 8. A draft public service announcement about prediabetes was written and shared with the group by Diane Whitten from Cornell Cooperative Extension. She plans to run it in January on The Jockey radio station and its AM partner. The draft will be distributed to Coalition members for feedback and suggestions, which may be sent directly to Diane.
 9. The Shen School District Director of Policy and Community Development Rebecca Carman noted that the district submits regular articles and public notices to The Clifton Park Magazine, a monthly publication. She noted that the Magazine might be willing to feature an article about diabetes prevention. Saratoga Hospital often submits articles in Saratoga Today, a weekly free publication. The editors may be interested in running an article as well.
 10. Ellie Wilson, MS, RD, CDN, Project Manager, Price Chopper Corporation presented information about the Nu-Val food scoring system. This is an easy tool for consumers to use to quickly decide which foods are healthier choices in food groups. It can be used by most consumers and is evidence-based and proven to change consumer purchasing behaviors. Nu-Val is currently used in 3,000 stores across the country and a new phone application is available. Program brochures were distributed and are available by contacting Ellie directly at elliewilson@pricechopper.com.
 11. Members are asked to send recommended diabetes prevention/prediabetes materials to be considered for inclusion in the information packets to Amanda Duff prior to the next meeting. Reviewing the materials will be on the agenda for the December meeting. (The reading level guideline for education materials is 4-5th grade level.)
 12. **Next Coalition meeting will be held on Tuesday, Dec. 27 at 12:00 at 59D Myrtle Street, 2nd floor conference room.**

